

AIKIDO BEGINNERS' COURSE

18–26 August
2019



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THE GENTLE MARTIAL ART

Aikido Beginners' Course August 2019

Sunday, 18 August:	6–7 pm	(TVW)
Monday, 19 August:	6.30–7.30 pm	(LLS)
Sunday, 25 August:	6–7 pm	(TVW)
Monday, 26 August:	6.30–7.30 pm	(LLS)

Start with any class. We recommend to attend the full course, though, as the units loosely build on each other.
Minimum age for participation is 14.

Please arrive 15 minutes early.

Join us for our international Aikido beginners' course!

In the 4-hour introductory course you will learn the basics of this fascinating Japanese martial art.

Aikido is becoming increasingly popular as it keeps you focused, responsive and flexible and helps you to stand your ground in conflict situations.

Aikido is suitable for women and men of all ages and fitness levels, admissions start **from age 14**. All of our instructors have an international background. Find out more on our English website under „Dojo > FAQ“.

Come in comfortable sports gear (track suit trousers and t-shirt with sleeves) if you don't have a judo gi. We practise barefoot.

Classes are held in German and English.

Please register via this link:
<https://taunus-aikido.de/1908>

Locations:

TVW (on Sundays):

Club house TV Weißkirchen
Oberurseler Str. 16
61440 Oberursel

LLS (on Mondays):

Gym of Landgraf Ludwig school
Rathausstraße 13
61348 Bad Homburg
(both ca. 20 mins from Frankfurt)

How to get there:

<https://aikido-oberursel.de/en/location>

Contact:

dojo@aikido-oberursel.de
Mobil (0172) 86 36101 (Klaus)
<https://aikido-oberursel.de/en/>

Import all four classes into your **calendar**:

- Download calendar file: https://taunus-aikido.de/load/2019/08/Aikido_EN.ics
- Double click on the file „Aikido_EN.ics“ to import all four class dates.

All participants must accept the dojo's terms & conditions for seminar participation (see „Terms & Conditions“ page on our website). A printed copy is available at the venue.
Aikido Oberursel is a department of TV 1889 Weisskirchen/Ts. e.V. sports club.
We are a non-profit organisation.